

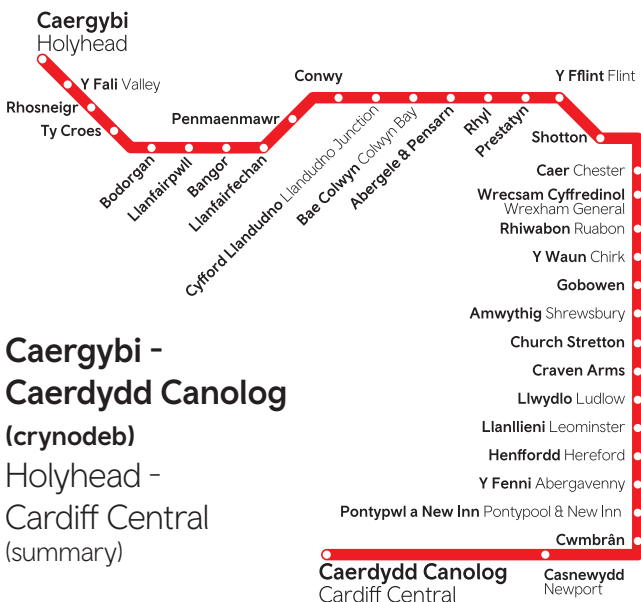
Oherwydd yr achosion diweddar o Covid 19, mae rhai gwasanaethau wedi cael eu tynnu oddi ar yr amserlen hon dros dro. I gael yr amserlenni diweddaraf, defnyddiwch ein cynllunydd teithiau ar-lein, ewch i [trc.cymru](http://trc.cymru)

Due to the recent Covid 19 outbreak some services in this timetable have been temporarily withdrawn. For up to date timetables please use our online journey planner, visit [tfw.wales](http://tfw.wales)



# Amserau Trenau | Train Times

12 Rhagfyr 2021 - 14 Mai 2022 | 12 December 2021 - 14 May 2022



**Caerdydd Canolog -  
Caerdydd Canolog  
(crynnodeb)  
Holyhead -  
Cardiff Central  
(summary)**

Mae gwasanaethau'n gallu newid felly gwnewch eich gwaith cartref cyn teithio, ewch i [trc.cymru](http://trc.cymru)  
Services are subject to change, check before you travel, visit [tfw.wales](http://tfw.wales)



**Teithio'n saffach**  
Gwisgwch orchudd  
wyneb oni bai eich bod  
wedí'ch eithrio

**Travel safer**  
Wear a face covering  
unless exempt



Dod o hyd i drenau llai prysur: defnyddiwch ein Gwiriwr Capasiti a Theithio'n Saffach, ewch i [trc.cymru/gwiriwr-capasiti](http://trc.cymru/gwiriwr-capasiti)  
Find trains with space: use our Capacity Checker and Travel Safer, visit [tfw.wales/capacity-checker](http://tfw.wales/capacity-checker)

TTB04d\_DLB\_V5\_02/22



**TRAFNIDIAETH CYMRU**  
**TRANSPORT FOR WALES**

# Paid â chael dy ddal!

# Don't get caught red-handed!



Mae Arolygwyr Diogelu Refeniw yn patrolio ein rhwydwaith yn rheolaidd yn gwirio ticedi.

Mae'n rhaid i chi brynu tocyn dilys ar gyfer eich taith cyn mynd ar y trê - dyna'r gyfraith.\*

Os nad ydych yn gwneud hynny, gallech chi gael eich erlyn a chael hyd at **£1000** o ddirwy.

Revenue Protection Inspectors are regularly patrolling our network checking tickets.

You must buy a valid ticket for your journey before getting on the train - it's the law.\*

If you don't, you risk prosecution and fines of up to **£1000**.

\* Amodau Teithio National Rail ac Is-ddeddfau Rheilffyrdd 2005

\*National Rail Conditions of Travel and Railway Byelaws 2005



# Teithio'n Saffach Travel Safer

Rhaid i chi wisgo gorchudd  
wyneb ar y trên trwy gydol  
eich taith.

You must wear a face  
covering on the train  
for the duration of your  
journey.



Cywir | Correct



Gwenu | The smiler



Ffroeni | The sniffer



Cynhesu'r gwddf | The neck warmer



Band gwallt | The headband



Clustdlws | The earring

O beidio â gwisgo gorchudd  
wyneb, mae'n bosib na ganiateir i  
chi barhau â'ch taith.

Os ydych wedi'ch eithrio rhag  
gwisgo gorchudd-wyneb, gallwch  
gyfathrebu hyn i'n staff trwy  
ddefnyddio nodyn eithrio, sydd ar  
gael yn [www.trc.cymru](http://www.trc.cymru)  
/gorchuddion-wyneb

Not wearing a face covering could  
result in refusal to travel.

If you're exempt from wearing  
a face covering, you can  
communicate this to our staff by  
using our exemption note, available  
at [www.tf.wales/face-coverings](http://www.tf.wales/face-coverings)



Defnyddiwch y biniau.  
Please use the bins provided



 @tfwrail  
[www.trc.cymru](http://www.trc.cymru)  
[www.tf.wales](http://www.tf.wales)

	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW		
Caerdydd Canolog / Cardiff Central	d 05 12	0645	0922	1122	1322	1523	17 16	19 41		
Casnewydd / Newport	d 05 31	0659	0936	1136	1337	1537	17 31	19 55		
Cwmbrân	d 05 42	07 10	0947	1147	1347	1547	17 42	20 05		
Pontypwl / Pontypool & New Inn	d 05 48	07 18	0952	1154	1353	1553	17 49	20 10		
Y Fenni / Abergavenny	d 05 57	07 29	1002	1205	1402	1602	1800	20 20		
Henffordd / Hereford	d 06 25	07 54	1029	1230	1429	16 28	18 25	20 46		
Llanllieni / Leominster	d 06 38					16 41		20 59		
Llwydlo / Ludlow	d 06 49	08 16	1050	125 1	1450	16 52		21 10		
Craven Arms	d 06 57		10 58		14 59	17 0 1		21 18		
Church Stretton	d 07 08		11 07		15 08	17 10		21 27		
Shrewsbury	a 07 25	08 46	11 22	13 25	15 24	17 24	19 09	21 42		
Amwythig / Shrewsbury	d 07 28	08 50	11 30	13 29	15 29	17 28	19 09	21 46		
Gobowen	d 07 45	09 08	11 47	13 47	15 46	17 46		22 04		
Y Waun / Chirk	d 07 51	09 14	11 53	13 53	15 52	17 51		22 09		
Rhiwabon / Ruabon	d 07 57	09 21	11 59	14 00	15 58	17 58		22 16		
Wrecsam Cyffredinol / Wrexham General	d 08 04	09 30	12 09	14 09	16 08	18 05	19 38	22 22		
Crewe	a									
Caer / Chester	a 08 21	09 48	12 26	14 26	16 25	18 22	19 58	22 41		
Caer / Chester	d 08 25	09 52	12 31	14 30	16 29	18 26	20 02	22 57		
Shotton	d 08 33					18 34		23 06		
Y Fflint / Flint	d 08 39		12 44	14 43	16 41	18 40	20 14	23 12		
Prestatyn	d 08 52		12 57	14 57	16 54	18 53		23 25		
Rhyl	d 08 58		13 03	15 03	17 00	18 59	20 31	23 31		
Abergele & Pensarn	d 09 04			15 10		19 05		23 37		
Bae Colwyn / Colwyn Bay	d 09 12		13 14	15 19	17 10	19 13	20 44	23 45		
Cyffordd Llandudno / Llandudno Junction	a 09 18	10 32	13 21	15 27	17 17	19 18	20 51	23 52		
Cyffordd Llandudno / Llandudno Junction	d 09 18	10 32	13 24	15 33	17 18	19 19	20 54	23 53		
Conwy	d 09 21x				17 21x			23 56x		
Penmaenmawr	d 09 27x				17 27x			00 02x		
Llanfairfechan	d 09 31x				17 32x			00 06x		
Bangor (Gwynedd)	d 09 41	10 50	13 41	15 51	17 41	19 37	21 11	00 15		
Llanfairpwll	d		13 48x		17 48x	19 44x				
Bodorgan	d		13 58x		17 58x	19 54x				
Ty Croes	d		14 02x		18 03x	19 59x				
Rhosneigr	d		14 05x		18 06x	20 02x				
Y Fali / Valley	d		14 11x		18 12x	20 08x				
Caerdybi / Holyhead	a 10 09	11 20	14 19	16 20	18 21	20 20	21 42	00 43		

Mae'n bosibl na fydd tocynnau Off-Peak Day yn ddilys i deithio rhwng 0430 a 0930 ac ar gyfer teithiau sy'n cychwyn rhwng 1600 a 1829 Llun-Gwener. Dylech wirio am unrhyw gyfyngiadau cyn teithio.  
Off-Peak Day tickets may not be valid for travel between 0430 and 0930 and for journeys starting between 1600 and 1829 Mon-Fri.  
Please check restrictions before travel.

Gall gwaith i wella rheilffyrdd effeithio ar deithiau ar ddiwrnodau'r wythnos cyn 0630 neu ar ôl 2100. Cyn teithio, ewch i [www.trc.cymru](http://www.trc.cymru) neu ffoniwch 03457 48 49 50.

Rail improvement work can affect journeys on weekdays before 0630 or after 2100 hours and on weekends. Before travelling, visit [www.tfw.wales](http://www.tfw.wales) or call 03457 48 49 50.

	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW		
		■	AA		CC	■		■		
Caerdydd / Holyhead	80	d	0425	0533	0625	0805	1041	1133	1434	1636
Y Fali / Valley		d	0432x		0632x	0812x	1047x			
Rhosneigr		d			0637x	0817x				
Ty Croes		d			0641x	0821x				
Bodorgan		d			0646x	0826x				
Llanfairpwll		d	0449x		0656x	0836x				
<b>Bangor</b>		d	0457	0600	0704	0855	1110	1200	1501	1703
Llanfairfechan		d			0903x			1509x		
Penmaenmawr		d			0907x			1513x		
Conwy		d			0914x			1520x		
Cyffordd Llandudno / Llandudno Junction		a	0514	0618	0721	0918	1127	1218	1524	1721
Cyffordd Llandudno / Llandudno Junction		d	0515	0621	0726	0925	1128	1218	1527	1721
Bae Colwyn / Colwyn Bay		d	0521	0628	0732	0931	1134	1226	1533	1729
Abergele & Pensarn		d							1737	
Rhyl		d	0530	0640	0741	0940	1143	1237	1542	1744
Prestatyn		d	0536		0747	0946	1149	1243	1548	1750
Y Fflint / Flint		d	0549	0657	0800	0959	1202	1257	1601	1803
Shotton		d				1004			1606	
Caer / Chester		a	0608	0712	0816	1016	1217	1312	1619	1818
Caer / Chester		d	0620	0716	0820	1021	1221	1316	1623	1822
Crewe		a								
Crewe		d	0558	0709	0810		1209	1310		1812
Wrexham Cyffredinol / Wrexham General		d	0635	0735	0835	1035	1239	1330	1637	1837
Rhiwabon / Ruabon		d	0642		0842	1042	1246	1338	1644	1845
Y Waun / Chirk		d	0648		0849	1049	1252	1345	1651	1852
Gobowen		d	0654		0854	1054	1258	1351	1656	1857
Shrewsbury		a	0714	0806	0913	1113	1317	1416	1715	1921
Amwythig / Shrewsbury		d	0717	0807	0915	1116	1317	1418	1716	1925
Church Stretton		d			0930		1332		1731	1940
Craven Arms		d			0938	1136	1340		1739	1949
Llwydlo / Ludlow		d	0743	0836	0945	1143	1348		1746	1959
Llanllieni / Leominster		d	0753						1757	
Henffordd / Hereford	7	d	0810	0901	1010	1209	1413	1510	1816	2024
Y Fenni / Abergavenny		d	0833		1033	1232	1436	1532	1840	2047
Pontypwl / Pontypool & New Inn		d	0843		1043	1242				
Cwmbrân		d	0848		1048	1247		1546	1853	2101
Casnewydd / Newport		d	0902	0944	1101	1300	1458	1601	1906	2115
Caerdydd Canolog / Cardiff Central	7	a	0917	0958	1116	1314	1510	1615	1925	2128

## Nodiadau

AA | Maesteg

CC | Llanelli

## Notes

AA To Maesteg




CC To Llanelli

Mae'n bosibl na fydd tocynnau Off-Peak Day yn ddilys i deithio rhwng 0430 a 0930 ac ar gyfer teithiau sy'n cychwyn rhwng 1600 a 1829 Llun-Gwener. Dylech wirio am unrhyw gyfyngiadau cyn teithio.  
Off-Peak Day tickets may not be valid for travel between 0430 and 0930 and for journeys starting between 1600 and 1829 Mon-Fri. Please check restrictions before travel.

Gall gwaith i wella rheilffyrdd effeithio ar deithiau ar ddiwrnodau'r wythnos cyn 0630 neu ar ôl 2100. Cyn teithio, ewch i [www.trc.cymru](http://www.trc.cymru) neu ffoniwch 03457 48 49 50.

Rail improvement work can affect journeys on weekdays before 0630 or after 2100 hours and on weekends. Before travelling, visit [www.tfw.wales](http://www.tfw.wales) or call 03457 48 49 50.

	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW		
Caerdydd Canolog / Cardiff Central <b>7</b>	d 0520	0722	0923	1123	1322	1523	1723	1941			
Casnewydd / Newport	d 0534	0737	0938	1137	1336	1538	1736	1955			
Cwmbrân	d 0545	0747	0948	1147	1346	1548	1747	2005			
Pontypwl / Pontypool & New Inn	d 0550	0753	0954	1153	1352	1554	1752	20 11			
Y Fenni / Abergavenny	d 0600	0802	1004	1202	140 1	1603	1802	2020			
Henffordd / Hereford	d 0626	0830	1030	1228	1427	1629	1827	2046			
Llanllieni / Leominster	d 0639					1642		2059			
Llwydlo / Ludlow	d 0650	085 1	105 1	1249	1448	1654	1848	2110			
Craven Arms	d 0659	0859	1100	1257	1456		1857	2118			
Church Stretton	d 0708	0908	1109	1307	1505	1708	1906	2127			
Shrewsbury	a 0723	0924	1124	1322	1525	1722	192 1	2143			
Amwythig / Shrewsbury	d 0726	0927	1127	1327	1530	1726	1928	2143			
Gobowen	d 0743	0944	1144	1345	1547	1743	1945	2200			
Y Waun / Chirk	d 0749	0950	1150	1350	1553	1749	195 1	2206			
Rhiwabon / Ruabon	d 0755	0956	1156	1357	1559	1755	1957	22 12			
Wrecsam Cyffredinol / Wrexham General	d 0802	1003	1203	1406	1608	1802	2004	22 19			
Crewe	a										
Crewe	d										
Caer / Chester	a 0820	1020	122 1	1424	1626	1820	2024	2236			
Caer / Chester	d 0824	1024	1225	1428	1630	1829	2032	2240			
Shotton	d 0832	1032	1233	1436		1837	2040	2249			
Y Fflint / Flint	d 0839	1038	1239	1442	1642	1843	2046	2255			
Prestatyn	d 0852	105 1	1253	1455	1655	1856	2059	2308			
Rhyl	d 0858	1057	1300	1502	170 1	1902	2 105	23 14			
Abergele & Pensarn	d 0904	1103	1306	1508		1908	2 111	2320			
Bae Colwyn / Colwyn Bay	d 0912	1112	13 15	15 16	17 11	19 16	2 119	2328			
Cyffordd Llandudno / Llandudno Junction	a 0919	11 19	1322	1523	17 18	1923	2 126	2334			
Cyffordd Llandudno / Llandudno Junction	d 0922	1122	1322	1526	17 19	1926	2 130				
Conwy	d 0925x	1125x			1722x						
Penmaenmawr	d 093 1x	1132x			1728x						
Llanfairfechan	d 0936x	1136x			1733x						
Bangor (Gwynedd)	d 0945	1146	1339	1543	1742	1943	2 147				
Llanfairpwll	d		1346x	1550x	1749x	1949x	2 154x				
Bodorgan	d 1000x		1356x	1600x	1759x	1959x	2204x				
Ty Croes	d 1005x		140 1x	1604x	1804x	2004x	2208x				
Rhosneigr	d 1008x		1404x	1607x	1807x	2007x	22 1 1x				
Y Fali / Valley	d		14 10x	16 13x	18 13x	20 13x	22 17x				
Caerdybi / Holyhead <b>80</b>	a 10 19	12 17	14 18	1622	182 1	2025	2226				



	TfW AA	TfW AA	TfW AA	TfW	TfW AA	TfW	TfW			
Caerdybi / Holyhead 	d	0425	0631	0816	1030	1237	1427	1648		
Y Fali / Valley	d	0432x	0638x	0823x	1037x					
Rhosneigr	d			0828x						
Ty Croes	d			0832x						
Bodorgan	d			0837x						
Llanfairpwll	d	0449x	0655x	0847x	1054x					
<b>Bangor</b>	d	0457	0703	0855	1102	1304	1455	1715		
Llanfairfechan	d			0903x			1503x			
Penmaenmawr	d			0907x			1507x			
Conwy	d			0914x			1513x			
Cyffordd Llandudno / Llandudno Junction	a	0514	0720	0918	1119	1321	1517	1732		
Cyffordd Llandudno / Llandudno Junction	d	0517	0722	0921	1122	1322	1520	1735		
Bae Colwyn / Colwyn Bay	d	0523	0728	0927	1128	1328	1526	1741		
Abergele & Pensarn	d	0529	0734	0933	1134	1334	1532	1747		
Rhyl	d	0534	0740	0939	1140	1339	1537	1753		
Prestatyn	d	0540	0745	0944	1145	1345	1543	1758		
Y Fflint / Flint	d	0553	0758	0957	1158	1358	1556	1811		
Shotton	d	0558	0804	1003	1204	1403	1602	1817		
<b>Caer / Chester</b>	a	0610	0816	1015	1217	1416	1615	1829		
<b>Caer / Chester</b>	d	0617	0820	1020	1221	1420	1619	1833		
Crewe	a									
<b>Crewe</b>	d	<b>0555</b>	<b>0810</b>			<b>1410</b>				
Wrexham Cyffredinol / Wrexham General	d	0632	0835	1035	1235	1434	1634	1848		
Rhiwabon / Ruabon	d	0639	0842	1042	1242	1441	1641	1855		
Y Waun / Chirk	d	0645	0849	1048	1249	1448	1648	1901		
Gobowen	d	0651	0854	1054	1254	1453	1653	1907		
Shrewsbury	a	0710	0913	1113	1313	1512	1712	1926		
<b>Amwythig / Shrewsbury</b>	d	<b>0718</b>	<b>0917</b>	<b>1116</b>	1316	<b>1515</b>	<b>1716</b>	1927		
Church Stretton	d				1331			1942		
Craven Arms	d				1339			1950		
Llwydlo / Ludlow	d	0744	0945	1142	1346	1541	1742	1957		
Llanllieni / Leominster	d	0755								
<b>Henffordd / Hereford</b> 	d	0814	1011	1209	1414	1606	1807	2027		
Y Fenni / Abergavenny	d	0837	1034	1232	1438	1629	1830	2050		
Pontypwl / Pontypool & New Inn	d	0848	1044	1242	1448	1639	1840			
Cwmbrân	d	0853	1049	1247	1454	1644	1845	2102		
<b>Casnewydd / Newport</b>	d	0905	1103	1259	1506	1656	1857	2115		
<b>Caerdydd Canolog / Cardiff Central</b> 	a	0920	1116	1316	1526	1710	1911	2130		

## Nodiadau




AA \*\*\*\*\*

## Notes

AA Continues to Maesteg

	TfW	TfW											
Caerdydd Canolog / Cardiff Central 	d	1329	15 17										
Casnewydd / Newport	d	1343	1531										
Cwmbrân	d	1353	1545										
Pontypwl / Pontypool & New Inn	d	1359	1551										
Y Fenni / Abergavenny	d	1408	1600										
Henffordd / Hereford	d	1435	1627										
Llanllieni / Leominster	d	1448	1640										
Llwydlo / Ludlow	d	1459	1651										
Craven Arms	d	1508	1659										
Church Stretton	d		1708										
Shrewsbury	a	1529	1722										
Amwythig / Shrewsbury	d	1533	1731										
Gobowen	d	1551	1749										
Y Waun / Chirk	d	1556	1754										
Rhiwabon / Ruabon	d	1603	1801										
Wrecsam Cyffredinol / Wrexham General	d	16 10	1808										
Crewe	a												
Crewe	d												
Caer / Chester	a	1629	1826										
Caer / Chester	d	1636	1830										
Shotton	d	1645	1839										
Y Fflint / Flint	d	1651	1845										
Prestatyn	d	1704	1858										
Rhyl	d	17 10	1904										
Abergele & Pensarn	d	17 16	19 10										
Bae Colwyn / Colwyn Bay	d	1724	19 18										
Cyffordd Llandudno / Llandudno Junction	a	1731	1924										
Cyffordd Llandudno / Llandudno Junction	d	1734	1928										
Conwy	d	1737x	1931x										
Penmaenmawr	d	1743x	1937x										
Llanfairfechan	d	1748x	1942x										
Bangor (Gwynedd)	d	1757	1951										
Llanfairpwll	d	1804x											
Bodorgan	d	18 14x											
Ty Croes	d	18 19x											
Rhosneigr	d	1822x											
Y Fali / Valley	d	1828x											
Caerdybi / Holyhead 	a	1838	20 19										



	TfW	TfW								
Caerdydd / Holyhead 	d	1020	1625							
Y Fali / Valley	d	1026x	163 1x							
Rhosneigr	d	1032x	1637x							
Ty Croes	d	1036x	164 1x							
Bodorgan	d	1040x	1645x							
Llanfairpwll	d	105 1x	1656x							
<b>Bangor</b>	d	1059	1704							
Llanfairfechan	d	1108x								
Penmaenmawr	d	11 12x								
Conwy	d	11 18x								
Cyffordd Llandudno / Llandudno Junction	a	1123	1722							
Cyffordd Llandudno / Llandudno Junction	d	1123	1725							
Bae Colwyn / Colwyn Bay	d	1129	173 1							
Abergele & Pensarn	d	1136	1738							
Rhyl	d	1142	1744							
Prestatyn	d	1147	1749							
Y Fflint / Flint	d	120 1	1803							
Shotton	d	1206	18 10							
<b>Caer / Chester</b>	a	122 1	1822							
<b>Caer / Chester</b>	d	1229	1826							
Crewe	a									
<b>Crewe</b>	d									
Wrexham Cyffredinol / Wrexham General	d	1244	184 1							
Rhiwabon / Ruabon	d	125 1	1848							
Y Waun / Chirk	d	1257	1855							
Gobowen	d	1303	1900							
Shrewsbury	a	1322	1920							
<b>Amwythig / Shrewsbury</b>	d	1325	1922							
Church Stretton	d	1340	1938							
Craven Arms	d	1348	1946							
Llwydlo / Ludlow	d	1356	1954							
Llanllieni / Leominster	d	1407	2004							
<b>Henffordd / Hereford</b> 	d	1423	2022							
Y Fenni / Abergavenny	d	1446	2045							
Pontypwl / Pontypool & New Inn	d	1456	2056							
Cwmbrân	d	150 1	2 10 1							
<b>Casnewydd / Newport</b>	d	15 13	2 1 14							
<b>Caerdydd Canolog / Cardiff Central</b> 	a	1528	2 130							

Yn aml mae gwaith gwella'r rheilffyrdd yn effeithio ar wasanaethau ar y Sul, gan gynnwys arlwyar ar drenau. Cyn teithio ewch i [www.trc.cymru](http://www.trc.cymru) neu ffoniwch 03457 484 950.

Rail improvement work often affects Sunday services, including on-train catering. Before travelling, visit [www.tfw.wales](http://www.tfw.wales) or call 03457 484 950.

## Roedd yr wybodaeth hon yn gywir adeg cyhoeddi.

This information was correct at the time of publication.

### Cysylltwch â ni er mwyn:

- gofyn am yr amserlen mewn fformat gwahanol, gan gynnwys print bras
- rhoi gwybod am nam neu ddifrod i'n trenau a'n gorsafoedd
- gwneud sylw am ein gwasanaethau trên
- gofyn am wybodaeth arall i gwsmeriaid gan gynnwys y siarter teithwyr
- hawlio unrhyw iawndal am oedi o 15 munud neu ragor.

### Get in touch to:

- request other timetable formats, including large print
- report faults or damage to our trains and stations
- comment on our train services
- request other customer information including the passenger charter
- claim any compensation for delays of 15 minutes or more.



WhatsApp 07790 952507



0333 3211 202

Mae costau rhwydwaith safonol yn berthnasol. Gall pris galwadau o ffonau symudol fod yn uwch | Standard network charges apply. Calls from mobiles may be higher



trc.cymru  
tfw.wales



Dilynwch ni: @tfwrail  
Follow us: @tfwrail



I weld ein cynigion a'n bargeinion, cofrestrwch yn [trc.cymru/cofrestru](https://trc.cymru/cofrestru)  
For offers and deals, register at [tfw.wales/signup](https://tfw.wales/signup)



Prynu Cyn Teithio. Archebwch ar **ap TrC**, [trc.cymru](https://trc.cymru) neu mewn gorsaf  
Buy before you board. Book on the **TfW app**, [tfw.wales](https://tfw.wales) or at a station



I archebu cymorth ac i gael cyngor ar hygyrchedd, cysylltwch â'n tîm Cymorth wrth Deithio: 033 30 050 501 (Testun y Genhedlaeth Nesaf 18001 0333 005 0501) ar agor 8yh tan 8yh saith niwrnod yr wythnos neu i gael rhagor o wybodaeth ewch i [trc.cymru/gwybodaeth/teithwyr/teithio-hygyrch](https://trc.cymru/gwybodaeth/teithwyr/teithio-hygyrch). Rydym yn argymhell gwneud cais am gymorth o leiaf 6 awr cyn i chi teithio (Os ydych chi'n dymuno archebu rhwng 10yh ac 8yh, defnyddiwch ein gwasanaeth archebu ar-lein).

To book assistance and for accessibility advice please contact our Assisted Travel team: 033 30 050 501 (Next Generation text 18001 0333 005 0501) open 8am to 8pm seven days a week or for more information visit [tfw.wales/info-for/passengers/accessible-travel](https://tfw.wales/info-for/passengers/accessible-travel). We recommend reserving assistance at least 6 hours before you travel (If you wish to make a booking between the hours of 10pm and 8am please use our online booking service).



Mae toiledau hygyrch ar bob gwasanaeth, ond dim ym mhob cerbyd. Holwch staff y trên neu edrych ar yr arwyddion ar y drysau i wneud yn siŵr eich bod yn defnyddio'r rhan iawn o'r trên.

Accessible toilets are available on all our services, but not every carriage. Please check with railway staff or door signs to ensure you access the right part of the train.

### Nodiadau safonol

Mae'r amseroedd **mewn coch** yn dynodi gwasanaethau sy'n cysylltu

Amser cyrraedd

Amser ymadael

Yn aros i ollwng teithwyr yn unig

Yn aros i godi teithwyr yn unig

Yn aros ar gais. Rhaid i bobl sydd eisiau mynd i lawr hysbysu'r tocyntwr. Rhaid i bobl sydd eisiau mynd ar y trên roi'r arwydd llaw priodol i'r gyrrwr

Amser cysylltu a argymhellir

Yn parhau mewn colofn ddiweddarach

Parhad o golofn gynharach

Great Western Railway

West Midlands Trains

Trafnidiaeth Cymru

Avanti West Coast

Northern

Cross Country

### Standard notes

Times in **red type** indicate connecting services.

**a** Arrival time

**d** Departure time

**s** Stops to set down only

**u** Stops to pick up only

**x** Service stops on request. Passengers wishing to alight must inform the conductor. Passengers wishing to board must give the appropriate hand signal to the driver

**10** Recommended connecting time

**↳** Continued in later column

**←** Continued from earlier column

**GW** Great Western Railway

**LM** West Midlands Trains

**TfW** Transport for Wales

**VT** Avanti West Coast

**NT** Northern

**XC** Cross Country